



# 3 DAY CLEANSE

CLEANSING • ENERGIZING • STIMULATING

EXPEL TOXINS & RE-BALANCE  
YOUR BLOOD SUGAR LEVEL

**The Secret To Revitalizing Your Health  
One Tasty Juice at a Time.**

**If You Find You're Feeling Unbalanced And  
Feel Guilty Because You Know You Could  
Be Doing More For Your Health, Then Daily  
Juicing May Be The Solution For You.**

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You've heard that juicing is primarily used for fasting, but did you know that adding fresh juice to your daily routine can actually improve your health more effectively than adding a side of vegetables to every meal?

Processed foods **create an unbalanced diet and deprive out bodies of the vitamins they need.**

Sure, you can take vitamins everyday, but vitamins are hard and compressed and they often leave your body in the same condition as they entered it. Juicing on the other hand, takes all the same vitamins and nutrients and creates an easy to ingest alternative. **By coating your stomach and digestive system with health juices, your absorption rate is significantly higher.**



Think about the juicy fruits that you eat. When you pick a ripe apple off the tree and take that first bite, the juice in the apple bursts into your mouth and reaches every surface and taste bud. Your mouth starts watering as you chew and everything is working as it's supposed to. With each bite, your mouth is tingling and you feel refreshed.

Now imagine that juicing acts the same way, but in every part of your digestive system. Unlike a pill floating through your system touching and effecting small select areas as it slowly dissolves, **juice flows through your body nourishing and energizing all the organs of your body.**

## **Juicing Cuts Out The Work And Gives Your Body What It Needs!**

Since vegetable juice goes quickly into the blood stream, it goes quickly into the liver as well. The liver is your body's filter and it works overtime to tackle the bad foods we eat on a regular basis. It's the metabolic regulator. When our liver becomes overwhelmed with bad foods, it slows down.

**Juicing gives your digestive system a rest, including the stomach, intestines, pancreas, gallbladder and liver.** Once the organs are resting, they can build their energy stores to tackle the harder jobs such as elimination, recovery and healing. At a cellular level, your body starts to repair itself and detoxify. If you continue a healthy juicing plan you'll experience new energy, a clearer complexion, and clarity of mind and body.

Green drinks are easy to digest, alkalize the body properly and are an exceptional source of chlorophyll.

Remember that concept from earth science in middle school? **Chlorophyll is what allows plants to absorb light and turn that energy into oxygen by combining water and carbon dioxide.** It also enhances the body's ability to produce hemoglobin, which once again, aids the liver and speeds up the processes in the rest of your body.

# So Why Not Make It Easier On Your System And Add The Necessary Rejuvenating Juices To Your Diet?

Dear Friend,

**My name is Nancy Desjardins,**

As a Registered Nutritional Consultant, my focus is helping my clients achieve their optimal health.

I created some fasting programs to help my clients detoxify their bodies and give their immune systems a quick boost.

What I discovered was that although my clients using my cleansing techniques, their regular eating habits were getting in the way of extending the benefits of the program. I started gathering information about their eating habits and comparing the results. Most of them were engaging in the same bad eating habits. They fluctuated between eating well and binging on unhealthy foods.

So, I took all of my nutritional knowledge and developed a solution they could use every day. I experimented with different ingredients and put together the perfect juicing plan.

**Now, my clients enjoy the benefits of daily rejuvenation. They start my program first thing in the morning and begin their day on the right track.**

**My 3 Day Natural Body Cleanse (will) keep (your) body fresh, strong, and best of all, healthy!**



## The Benefits Of Juicing

Juicing helps you absorb all the nutrients available in fresh fruit and vegetables. Bad food choices can impair our digestive processes, which limits our ability to absorb essential nutrients. Also, cooking foods destroys most of the natural enzymes. Both of these variables limit your body's ability to absorb all the nutrients from the vegetables. **When the food is raw, the enzymes are unharmed and active.** The problem is our body's need a lot of enzymes and our fast-paced fast-food diets don't provide them with the proper quantities.

**Juicing will help To "Pre-Digest"** natural foods, so you receive most of the nutrition, rather than having your body expunge them.

Juicing allows you to consume an optimal amount of vegetables efficiently. Some people find eating the required amount of vegetables difficult, but it can be easily accomplished with a quick green juice. **My program focuses on varying the variety of vegetables you ingest** You can add a wide variety of vegetables

*By breaking down indigestible fibers, nutrients are available to the body in much larger quantities than*

vegetables you ingest. You can add a wide variety of vegetables that you may not normally enjoy eating on their own. When you blend the ingredients appropriately, you can easily create tasty juices that disguise the taste of the parts you don't like.

*if you eat each item  
on its own.*

## With My Simple To Follow Juicing Program, You Can Add A Wider Variety Of Nutrients To Your Diet.

Juicing helps you absorb all the nutrients from the vegetables. Fibers and skins of fruits and vegetables contain many important vitamins. Sometimes, **when we don't chew our food as long as we should, the nutrients remain trapped in the rough fibers and aren't fully absorbed in our digestive system.** By breaking down indigestible fibers, nutrients are available to the body in much larger quantities than if you eat each item on its own.

Juicing Releases The Nutrients From Their Protective  
Encasing And Breaks Them Down  
So, They Can Easily Be Absorbed Into The Organs That Need Them Most.

## Here's The Beauty of This Program.

It's a natural body cleansing system complete with a flexible menu plan, delicious juice fast recipes, and a six-step guide to help you stay on track. Plus, it's also a life plan that encompasses self-care and self-responsibility. Now that's a "can't miss" formula for transforming your life!

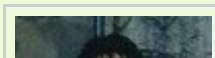
This incredible program:

- ✔ Offers you one of the best short-term strategies for losing weight, naturally.
- ✔ Gives your body an opportunity to nourish and heal itself at a cellular level.
- ✔ Teaches you the fundamentals of juice fasting-one of the quickest ways to restore your body to good health.
- ✔ Introduces you to a 3-day total body cleansing experience using some of the most effective cleansing products on the market.
- ✔ Takes you to a whole new level of healthy living that is organic and holistic.

Natural body cleansing is a healing event that enhances energy output and improves metabolic performance. Make this program part of your wellness plan today.

## Testimonial

Paulette Laforest, Oakville Ontario



"Cleansing is an important component of Nancy's program. Because I read the literature provided, I too began to see the benefits and wanted to embark upon this component of the



program. However, I have completed many cleanses. It is almost second nature now and the program has made it easier to follow."

- **Paulette Laforest, Oakville Ontario**

## 3 Day Natural Body Cleanse Results

Discover the simplest, quickest, and most direct way to improve your health and revitalize your body!

Adding Juice to Your Diet will Help You to:

- ✔ Improve the health and efficiency of your digestive system;
- ✔ Stabilize your weight and feel energized and powerful,
- ✔ Begin your workday with a boost of energy,
- ✔ Achieve sharper thinking and focus,
- ✔ Eliminate mood swings,
- ✔ Restore the healthy luster to your hair and skin,
- ✔ Enjoy a healthy lifestyle while still enjoying the foods you love!

*"My Juicing manual shows you how to combine the healthiest ingredients to create tasty rejuvenating juices that your body will crave in no time. Now, give your body what it's asking for."*

## Still Not Convinced That Juicing is For You?

**Consider this:** Juicing is relatively cost effective and convenient, especially if you prepare your own juices at home. By increasing your intake of fresh juices, you can also reduce the need for dietary supplements, vitamins, and expensive medications. **Since there are no side effects associated with juicing, you can decide how much juice you want to add to your daily schedule, and maximize health benefits based on your own budget.**

It's true! You don't have to sacrifice the lifestyle you enjoy to attain health. Once you start adding juices to your daily schedule you'll be able to prepare them in no time, store them if necessary and create them on the fly.

## Now it's Your Turn.

You could be enjoying the same health benefits that others have experienced using my systems. I really want you to benefit from the results of a daily juicing regimen.

So if you're tired of feeling and looking tired, try the My Juicing For

*This is the moment where you*



Energy recipes today - **Completely Risk FREE!**

Try it for 14 days, no wait... **I'm so convinced that you'll love it that I'll give you a full 60 days.**

If you don't notice a significant difference in your overall energy level or if you're not amazed by your weight loss then let me know, and **I'll return your money immediately** - no hassles, no questions.

**This is the moment where you finally create real change in your life and health, and I've taken away all the risk.** Reach your optimal health by creating fitness from the inside out.

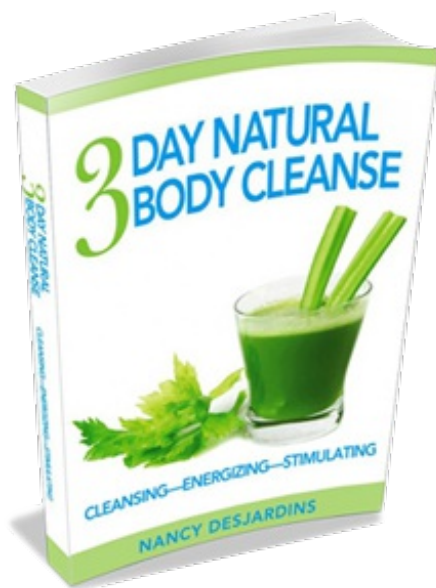
So what are you waiting for?

Linda Pennington - Juicing Can Change Your Life!

"This juicing program is an outstanding reference. Nancy has written a e-book that will help change your life. I have lost 12 pounds in the past 16 days and improved both my health and well being using the recipes and guidelines in this program. As part of a healthy diet, juicing can change your life."

- **Linda Pennington, Orlando, Florida**

## Download My 3 Day Natural Body Cleanse Now And Enjoy a More Energetic Life!



My 3 Day Natural Body Cleanse- is available to you in as little as 5 minutes from now via a convenient and secure download.

You will receive a link via e-mail to the 49-page manual complete with expert information, advice and a step-by-step cleansing plan specially designed by me.

### BONUS #1



#### Audio and Transcript



#### 7 Ways to Control Your Sugar and Carbs Cravings with Nancy Desjardins

I'll share with you 7 Ways to Control Your Cravings  
Dramatically Improve Your Energy, Stamina & Mental Alertness!

Nancy Desjardins, the founder of Health Lady. My mission, quite simply, is to help you look and feel better – naturally.

It's by using proven methods that are both easy to adopt and fun! My wellness

*finally create real change in  
your life and health, and I've  
taken away all the risk.*

programs and online coaching are backed by 17 years of training and practice in Holistic Nutrition.

## **BONUS #2**

### Audio and Transcript



#### How to Prevent Aging and Heal Disease with Brian Clement

Dr. Clement will explain how each of us can lengthen our life span and increase the quality of our health and well-being. His extensive clinical research as Director of Hippocrates Health Institute affords him a private understanding of how all people can prevent premature aging, disease, and resulting unhappiness.

Dr. Brian Clement, Ph.D., N.M.D., C.N., has spearheaded the international progressive health movement for more than three decades. By conducting daily clinical research as the director of the renowned Hippocrates Health Institute, the world's foremost complementary residential health Mecca, he and his team have developed a state of the art program for health maintenance and recovery.

## **BONUS #3**

### Audio and Transcript



#### Why we should Cleanse Our Liver and Gallbladder with Annie Padden Jubb

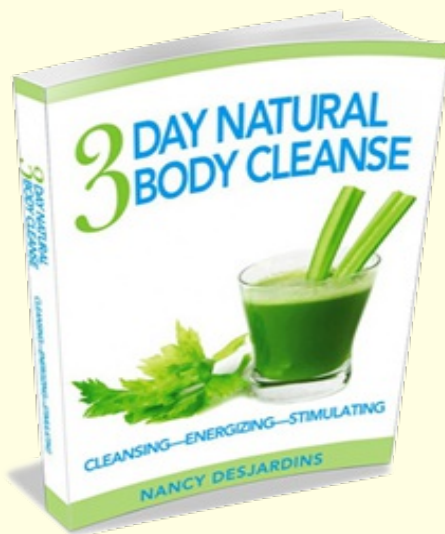
Learn Why We Should Cleanse our Liver and Gallbladder with Annie Padden Jubb

- ✓ How Can You Lose Weight if Your Liver and Gallbladder are Failing?
- ✓ Shed winter weight
- ✓ Boost your energy and look fantastic
- ✓ Take care of your liver and gallbladder
- ✓ Ideal daily and seasonal living routines to promote health and rejuvenation.

Annie Padden Jubb co-author of Lifefood Recipe Book Living on Life Force will talk about the benefit of Cleansing the Liver and Gallbladder of Gallstones.

## **Here's How To Order My Juicing Program**

# **Get Immediate Access in Less Than 5 Minutes!**



## **No Need to Wait For Your Copy in The Mail!**

**Your Order is 100% Guaranteed  
And Securely Encrypted.**



**You'll Find Easy-To-Follow Instructions  
On How To Access And Read  
Your Electronic Ebooks Today!**

**You Are One Click Away  
From Downloading  
Your Ebook  
In Just A Few Minutes**

- 1** Save \$15.00 When You Order Today!
- 2** You Risk Nothing - I'm giving you a Full 60-Day Money-Back Guarantee.
- 3** Get Instant Access With Secure 1 Minute Online Form



# YES! Nancy, I Want To Download My 3 Day Natural Body Cleanse Manual Right Now!

Retail Value: ~~\$29.95~~

**Sale Price: Only \$14.95**



## Can You Put A Price On Your Health?

There has never been a better time to try my juicing programs. In a few days, you'll feel relief you haven't felt in years. Or, you can continue to hope that your side salad provides you with the nourishment you need to allow your body to function properly.

Give your body the essential juices it needs to look better, younger, and feel more energized.

To your healthy new life,

A handwritten signature in black ink that reads "Nancy".

P.S. I'm so convinced the Juicing Manual my 3 Day Natural Body Cleanse is what you need to revitalize your life, I want you to go to your calendar and circle today's date so you'll always remember the day you decided to regain your energy and put yourself at the top of the priority list.

**Let's stop the unhealthy cycle together!**

